

Senior Spotlight

Zelma Kinlaw



Zelma E. Kinlaw is the Center's most senior member, in terms of age. Ms. Kinlaw is 101 years young!

Ms. Kinlaw joined the Senior Life Center in August 2016. Ms. Kinlaw possesses a sharp mind and has a quick wit. She moves around the Center with no assistance.

Ms. Kinlaw is a joy to be around. Recently, during the Congregate Meal, it was asked if anyone knew anyone that was 101 years young. Ms. Kinlaw quickly raised her hand to indicate in the affirmative!

Originally from Chapel Hill, TX (Washington County), Ms. Kinlaw has been a widow for more than 50 years. She had no children. She retired from Parkland Hospital where she was responsible for the supervision of medical supplies. She has outlived three sisters, Lucille, Thelma and Eva. Her nephew, Mr. Don Lacy (son of Eva), is faithful and patient with Ms. Kinlaw, bringing her to the Center nearly every day.

Her secret to longevity is no secret at all. She is a God fearing woman and has been very involved in her church, Highland Hills United Methodist.



FREE LUNCH

CONGREGATE MEAL PROGRAM, offered Monday through Friday, ensures a daily nutritious meal for Senior participants ages 60 years of age and older. It is free and Senior participants do not have to be a member of the Lancaster Senior **LIFE** Center. Senior participants ages 50-59, can purchase the nutritious meal for a fee of \$5.73. Senior participants must complete an intake form and nutrition assessment *prior* to participating in the Congregate Meal Program. This program is sponsored in part by the Dallas Area Agency on Aging "DAAA" and the Texas Department of Aging and Disability Services. **DALLAS COUNTY RESIDENTS ONLY.**



Serving SENIORS

240 Veterans Memorial Parkway
Lancaster Community Park, Lancaster, Texas 75134
Monday through Friday, 9:00 a.m. to 5:00 p.m.
Phone: 972-218-3780; Fax: 972-218-3694

Tea Walker, Senior Life Center Supervisor
Diana Wortham, Recreation Attendant
Clifford Armstead, Transportation Provider

Lancaster Resident, \$3.00 Annually
Non-Resident, \$5.00 Annually



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Newsletter

Quality of Life and Cultural Services



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